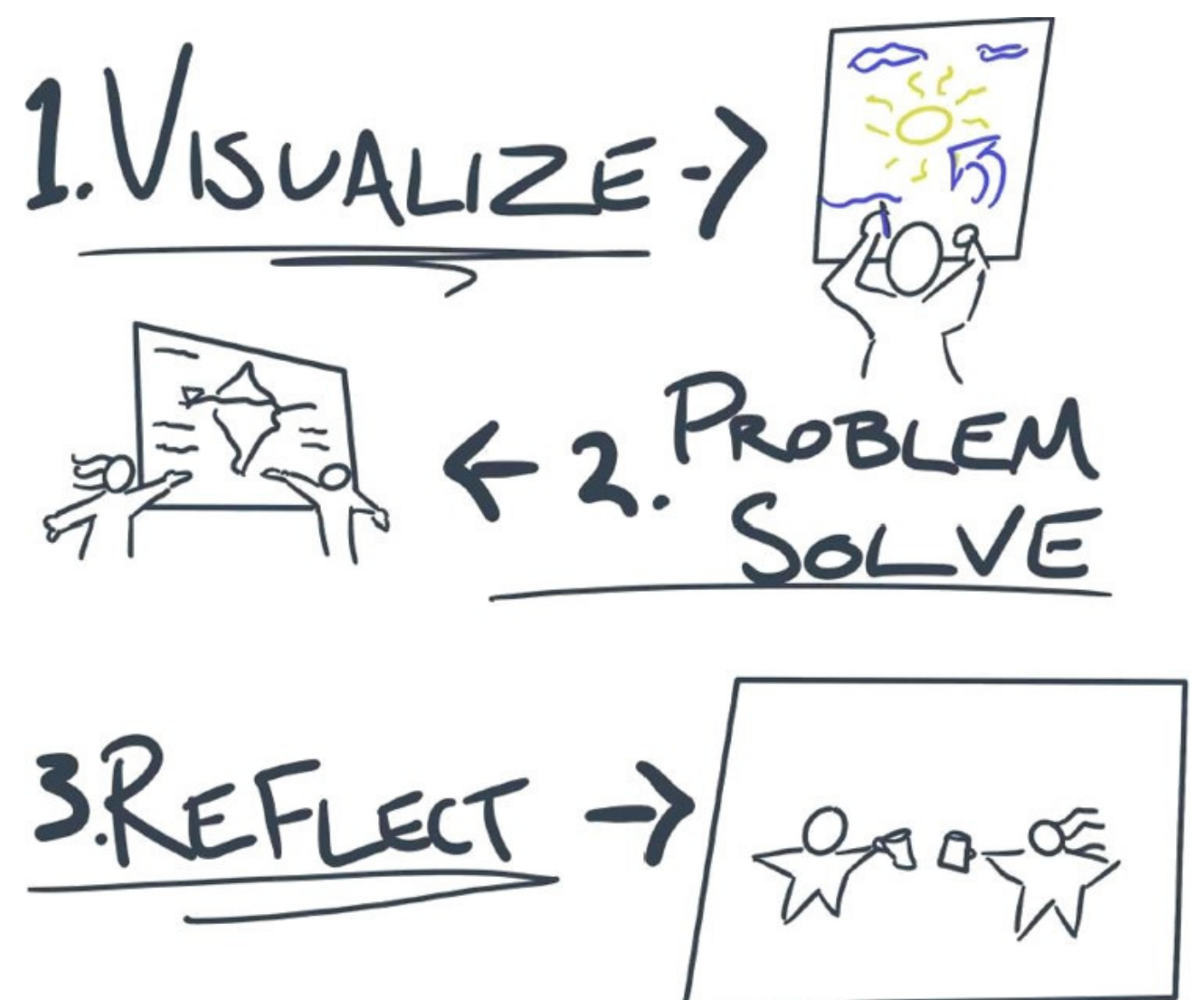


# DRAWING CLOSER TO PHD WELL-BEING: A VISUAL WORKSHOP

BAR LA CANTONADA, 14TH MAY, 19:30

**Ryan Armstrong, Ph.D.**

Researcher and Consultant in Change Management  
Co-Director of Mentoring, Scientists Dating Forum



In collaboration with:



\*Don't worry—absolutely no drawing ability required!